



# PrimeLife

## ENRICHMENT CENTER

WELLNESS, INDEPENDENCE, AND ENJOYMENT FOR AGE 50 AND BEYOND



### PLE SENIOR NEWS | MARCH 2025

President's Day lunch provided by the Carmel locations of Chick-fil-A and Buffalo Wild Wings. A great time was had by all.

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#### UPCOMING EVENTS AND ANNOUNCEMENTS

##### MARCH LUNCH & LEARNS

- March 5 CenterWell Senior Primary Care - Janet Pillsbury
- March 12 Senior Helpers - Chelsea Haynes
- March 19 Poetry Recognitions, PLE Writing Group - Mona Mehas
- March 26 Foot Health, My Devine Sole - Wanda Stickels

##### MARCH EVENTS TO REMEMBER

- March 13: Educational Event: Living with Parkinson's for individuals and families - Lunch provided
- March 17: St. Patrick's Day



 FIND US ON FACEBOOK  
facebook.com/PrimeLifeEnrichment

 FIND US ON INSTAGRAM  
instagram.com/PrimeLifeEnrichment

CONTACT US!



1078 Third Ave. SW, Carmel, IN 46032



317.815.7000



www.primelifeenrichment.org

# ABOUT US

PrimeLife Enrichment Center



## WELCOME!

### OUR MISSION

Our mission is to help seniors lead active, independent and purposeful lives by providing access to clinical and social determinants of health.

### OUR VISION

PrimeLife Enrichment, Inc. will be recognized in Central Indiana as a pioneering force in providing seniors access to social and clinical determinants of health as they strive to remain in their homes and lead healthy, active and productive lives.

### OUR CORE VALUES

**STEWARDSHIP:** Our fiduciary responsibility is to use our financial and human resources to deliver services that are effective, accessible and affordable.

**GRATITUDE:** It is an honor to serve our seniors, especially those who are struggling.

**INNOVATION:** We continuously strive to discover and develop ways to meet evolving needs of a growing demographic.

**RESPECT:** Every senior we serve has intrinsic value and deserves respect.

**OPPORTUNITY:** Seniors are valuable community assets and should be able to share their wisdom and creative expression for the benefit of all.

**NONDISCRIMINATION:** We will promote a diverse, equitable, and inclusive environment for all members, clients, staff and guests.



### LAND CLASSES

Our senior land classes promote enhanced mobility, flexibility and balance, lowered risk of disease and disability, and improved immunity, blood pressure and bone density.



### AQUATIC CLASSES

Aquatic exercise takes pressure off joints and spine, allows greater range of motion and flexibility, improves balance and coordination, assists in recovery and helps manage chronic conditions.



### REVEL FITNESS PROGRAM

For more of a challenge, the Revel Fitness program is a multi-generational program that includes Zumba, Pound, LaBlast, and Shine with adaptations for all adults.

### WHO WE ARE

PrimeLife Enrichment provides human services as well as educational, social, and physical fitness opportunities at our activity center. Enjoy a walk on the indoor track, participate in daily lunches, socialize with friends, or inquire about transportation or the many additional services we provide. There's more than excellent aquatic and exercise programs in store for you when you join PrimeLife Enrichment.

We feel privileged and honored to serve the older adults of Hamilton County, amazing members and supporters of our most vital and precious resources. Our services are provided in an atmosphere of dignity and trust, with careful consideration for individual needs and preferences. Our staff members are selected for their skills, commitment to community services, and dedication to the people we serve.

### OUR FUNDERS

#### GRANT PROVIDERS

Hamilton County  
CICOA Aging & In-Home Solutions  
United Way of Central Indiana  
City of Carmel  
IU Health  
CICF

#### OUR SPONSORS

Majestic Care Carmel  
Wellbrooke of Carmel  
The Next Step Network  
Adventure Archives  
Senior Helpers



### OUR DIRECTORS

Marcia Claerbout, President  
Melody Cockrum, Vice President  
Howard May, Treasurer  
Suzanne Marks, Secretary  
Stephen Gross, Past President

Michael Bratcher  
Becky Henn  
Dan Overbeck



# CENTER INFORMATION

PrimeLife Enrichment Center

## STAFF

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sfischer@primelifeenrichment.org • Ext. 205 (voicemail only)

**JOHN PERKON** • Facility Manager • Direct: 317-343-6787  
johnperkon@msn.com • Ext. 219

**BRENT HARTMAN** • Senior Driver

## MONDAY - FRIDAY

8:00 AM - 3:00 PM

## SATURDAY - SUNDAY

Revel classes only,  
*See schedule \*Some classes occur outside of business hours.*

## CONTACT US

### MAIL

1078 3rd Avenue SW  
Carmel, IN 46032

### PHONE

317.815.7000

### FAX

317.815.7008



## TRANSPORTATION

**TO MAKE A RESERVATION CALL:**  
317-815-7000, press 1, or  
317-343-6794, and leave message.  
Message will be returned within 2  
business days.

**RESERVATIONS ARE MADE BY  
VOICEMAIL ONLY**

## TRANSPORTATION

**AVAILABLE** - currently there is a  
waiting list for transportation

## MONDAY - FRIDAY

8:00 AM - 3:30 PM

Schedule as early as possible,  
at least one week ahead.

## MARCH: IN LIKE A LION, OUT LIKE A LAMB

We've all heard the saying that "March comes in like a lion and goes out like a lamb!" This time-honored expression captures how many of us relate to the unpredictable and often extreme weather patterns of the month of March. In our minds and perhaps memories, the beginning of March is typically marked by fierce, turbulent weather, while the end of the month heralds a calmer, gentler atmosphere. Temperatures in early March tend to be more wintry, while late March brings at least a hint of Spring. Or so the saying goes.

Few would disagree that one of the most notable features of March is its volatility. The month can experience rapid changes in temperature, alternating between freezing cold and unseasonably warm days. These sharp contrasts are a hallmark of the lion-like quality of March's early days. Snowstorms and even tornadoes are not uncommon during the first few weeks of the month, especially in northern climates (including Indiana). These storms, which seem to surge in like a lion, are fueled by the lingering cold air of winter that clashes with the incoming warmth of Spring.

However, as the month progresses, the weather often begins to settle. The arrival of the spring equinox around March 20th marks a key turning point in the seasonal transition. Days gradually grow longer, temperatures warm up, and the once-ferocious winds give way to milder breezes. The phrase "March goes out like a lamb" reflects this gentle transformation. By the end of the month, the last traces of winter's fury have faded, and the calm, pleasant weather of spring begins to take hold.

As most of us who have lived through six decades or more of March weather, however, we know of many exceptions to the lion-lamb March proverb. Just to refresh your memory, here are a few examples. In 1967 (when I graduated from the Latin School of Indianapolis), the low on March 1st was zero and the high was a chilly 33 degrees. On March 31st, the

low was 62 and the high was a balmy 75. In like a lion, out like a lamb! Not so fast my friends. In 1966, the low temperature on March 1st was 35 degrees. On March 31st, the low was 25. On both days, the high was in the low 50s. No lamb was in sight. Even less so in 1965. The low and high temperatures on March 1st were 42 degrees and 62 degrees respectively. Compare these numbers to the low and high temperatures on March 31st of that year. The low was zero, and the high was 49. Certainly no lion at the beginning of the month, and again, no lamb in sight at the end of the month.

The point of giving you the above data is that meteorologically speaking, the lion and lamb pattern is not universally predictable. In case you question whether anomalies to this pattern have become less common in more recent years, consider the last ten years of March weather in our part of Indiana. Since 2015, we have been treated to Spring-like temperatures at the end of March compared to wintry weather at the beginning of March a total of three times (2015, 2016, and 2024). In 2021, the low and high temperatures on March 31st varied slightly above those of March 1st of that year. So what about the other six years? In 2017 through 2020, and in 2022 and 2023, the high temperatures on March 31st were actually (and sometimes substantially) LOWER than their March 1st counterparts. So, I don't want to burst anyone's bubble, but remember that the groundhog did see its shadow and the prediction of six more weeks of winter could very well extend through the end of this month.

That being said, the proverb "March comes in like a lion and goes out like a lamb" still serves as a powerful metaphor for the unpredictable nature of the month of March, as well as the broader themes of transition, change, and renewal. Even if the lamb sneaks in before the lion, or if the lion overstays its welcome, the imagery of these two creatures highlight the dual nature of this transitional month, offering a reminder that periods of challenge and adversity are often followed by times of peace and hope. As we experience the



**GARY WAGNER**  
Executive Director

stormy beginnings and calm endings of March, we are reminded that change is inevitable, and with it comes the promise of new beginnings and the peaceful embrace of Spring. On that promising note, here are some days to celebrate in March:

- 📅 **March 1:** National Peanut Butter Lover's Day, World Compliment Day
- 📅 **March 2:** Dr. Seuss's Birthday, Old Stuff Day
- 📅 **March 3:** National Anthem Day, World Wildlife Day
- 📅 **March 4:** Mardi Gras, aka Fat Tuesday
- 📅 **March 5:** Ash Wednesday (2025), National Cheese Doodle Day
- 📅 **March 8:** International Women's Day
- 📅 **March 9:** Daylight Saving Time (second Sunday), Get Over It Day
- 📅 **March 10:** National Napping Day
- 📅 **March 11:** National Johnny Appleseed Day
- 📅 **March 12:** National Girl Scout Day
- 📅 **March 13:** Purim begins, Good Samaritan Day
- 📅 **March 15:** The Ides of March, National Corn Dog Day
- 📅 **March 17:** St. Patrick's Day
- 📅 **March 20:** First Day of Spring
- 📅 **March 22:** National Goof Off Day
- 📅 **March 23:** National Puppy Day
- 📅 **March 24:** National Cocktail Day
- 📅 **March 29:** Mom and Pop Business Owners Day
- 📅 **March 30:** National Take a Walk in the Park Day

Have a good month!

Gary

# MEMBERSHIP OPTIONS



# MEMBERSHIP

PrimeLife Enrichment Center



## TAKE A TOUR OF PLE

Stop in for a tour Monday through Friday 8 am to 3 pm and let us answer all your questions.

## INSURANCE PROGRAMS

THESE PROGRAMS PROVIDE UP TO A \$20 CREDIT FOR MEMBERSHIPS:

- Silver Sneakers
- Prime
- Renew Active
- Active and Fit
- Silver and Fit
- Retired Veterans

## YOUR FIRST CLASS FREE!

Want to try it out before you decide? Ask for a FREE Day Pass. Scholarships may also be available!

## MEMBERSHIP OPTIONS:

### BASIC MEMBERSHIP: \$20 PER MONTH

#### INCLUDES:

- Indoor Walking Track
- Aerobic Equipment
- Social Events
- BINGO
- Weight Room
- Library and Game Room
- Groups/Clubs
- Classes/Services

### ENHANCED MEMBERSHIP: \$40 PER MONTH

#### INCLUDES ALL ABOVE, PLUS:

All Land and Aquatic Fitness Classes, Revel Fitness

## WHEN TO SEE A CARDIOLOGIST

### TAKING CONTROL OF YOUR HEART HEALTH

A question I am commonly asked by patients, friends and family is, “When is it appropriate to see a cardiologist?” What I hear is people don’t want to “bother” the cardiologist if their symptoms aren’t actually heart related. I also hear that they don’t want to spend time in an emergency room for a “false alarm.” These can be fatal mistakes. Heart disease remains the leading cause of death in the United States and in Indiana. Proactively addressing your heart health can help prevent serious cardiovascular issues.

### HEART DISEASE RISK

We want to think of ourselves as healthy, and we should. However, at the same time, we cannot be in denial about our own underlying cardiovascular risk. Much of our risk is modifiable, such as smoking status, blood pressure, weight and diabetes control. But important components are not. We can’t control our age, and we can’t control our genetics. As we get older, our risk increases, even if we have a very healthy lifestyle. Likewise, if heart disease runs strongly in either side of the family, our risk is elevated.

### ASYMPTOMATIC PATIENTS

Let’s start with asymptomatic patients. These are patients experiencing no discomfort in the chest, no difficulty breathing and no abnormal heartbeats. These patients should see a cardiologist if their cardiac risk is determined to be elevated, even in the absence of



symptoms. Probably the two simplest but most powerful screening tests to establish baseline risk are the LDL cholesterol (fasting blood draw) and the calcium score as determined by a heart scan (low dose CT scan). Low-density lipoprotein (LDL) cholesterol is a type of cholesterol that’s often called “bad” cholesterol. High levels of LDL cholesterol can increase your risk of stroke and heart disease. Some folks with a relatively high LDL cholesterol will have an excellent heart scan result and may not need medication. On the other hand, some folks with what appears to be a reasonably good LDL cholesterol will have an abnormal heart scan and may need medication.

### LOWERING “BAD” CHOLESTEROL

There is a lot on the Internet about cholesterol. Simply put, for someone with any degree of elevated cardiac risk, LDL cholesterol is bad. Do not be misled or persuaded otherwise; that can be a serious mistake. The next question is how to lower the LDL cholesterol. After diet and exercise, statins (a specific group of medications) are the mainstay. And again, there’s a lot of misleading information out there. Statins reduce inflammation inside our coronary arteries, which is

a powerful way to stabilize plaque and prevent heart attacks. However, we now have several non-statin alternatives. Which medication to use for lowering LDL cholesterol (when medication is needed) is certainly something to discuss with a cardiologist.

### SYMPTOMATIC PATIENTS

Next, let’s consider patients with symptoms. Symptoms can be very noticeable, such as heavy pressure in the chest, which may (or may not) radiate down either arm, to the jaw or to the back. Symptoms can also be more subtle, including a shortness of breath or fatigue with activities that used to be easy to perform. Again, none of us want to think we may have a heart problem, but if your chest discomfort only occurs when you walk briskly or otherwise exert yourself, you should not just presume this is acid reflux or sore muscles. Any exertional symptoms that are new or different, and that include any sort of discomfort or tension in the chest, feeling of labored breathing or excessive fatigue, are very appropriate reasons to see a cardiologist.

Two old adages apply here: “it’s better to be safe than sorry” and “an ounce of prevention is worth a pound of cure.” If there is any question of heart risk or heart symptoms, come see the cardiologist – you’re not bothering us! To learn more about heart health, visit [iuhealth.org/heart](http://iuhealth.org/heart).

*Source: Written by Dr. Nathan Lambert, medical director of Cardiology at IU Health North and Saxony hospitals; <https://iuhealth.org/thrive/when-to-see-a-cardiologist-taking-control-of-your-heart-health-isr>*

## CALL FOR MORE VOLUNTEERS

### MORE VOLUNTEERS NEEDED FOR PLE FRONT DESK AND KITCHEN.

You may sign up for even just an hour per day or week to sit up front, greet people, answer phones, and help members with questions or who need to check in for activities.

#### Responsibilities include:

- Greeting people
- Answering phones
- Checking in clients

- Providing paperwork for possible new members
- Setting a welcoming tone for clients.

If you are interested, please see Heather Brownell, PLE Assistant Director ([hbrownell@primelifeenrichment.org](mailto:hbrownell@primelifeenrichment.org)) and she can tell you more.

**Did you know that if you volunteer 25 hours in a quarter (3 months), you will receive a basic membership free of charge?**

### SPECIFIC VOLUNTEER NEED

- Kitchen volunteers needed Wednesdays and Fridays. Work includes meal prep and serving.

Please complete the Volunteer Application Form (found on the PLE website on the Volunteer page) and email it to our Volunteer Coordinator, Dee Timi, at [dtimi@primelifeenrichment.org](mailto:dtimi@primelifeenrichment.org)

# WELLBROOKE OF CARMEL COMES THROUGH FOR PLE



Longtime supporter of PLE, Wellbrooke of Carmel has recently stepped up their support with two special gifts.

Katie Hacker, Director of Sales and Kylie Carmack, Executive Director at Wellbrooke of Carmel recently presented PLE with a check for \$2,627, made up of funds leftover from a recent fundraiser campaign Wellbrooke conducted.

Wellbrooke of Carmel and PrimeLife Enrichment have always had a special relationship, which is why Hacker said they thought of us when they came up with the surplus.

As the cherry on top, Wellbrooke is also presenting PLE with a \$2,500 check to become an official PLE sponsor.

Thank you, Wellbrooke of Carmel!



(L to R) Katie Hacker, Director of Sales at Wellbrooke of Carmel, Kylie Carmack Executive Director of Wellbrooke of Carmel, Gary Wagner, PLE Executive Director and Dee Timi, PLE Community Engagement and Activities Coordinator

## PLE MEMBERS:

Are you parking on the North side of the PLE parking lot next to the trees that border the Ice Skadium?

You know - the area where we have a **NO PARKING SIGN UP AND ORANGE CONES?**

The area that when a car is parked there, emergency vehicles don't have enough room to get by and save lives?

**YES, THAT AREA. PLEASE DON'T.**





## AQUATIC FITNESS CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 am	8:15 am EARLY AQUATIC AEROBICS w/ Lisa	8:15 am EARLY AQUATIC AEROBICS w/ Lisa	INTERMEDIATE AQUATIC AEROBICS w/ Patsy	8:15 am EARLY AQUATIC AEROBICS w/ Lisa	
9:30 am		ADVANCED AQUATIC AEROBICS w/ Lisa		ADVANCED AQUATIC AEROBICS w/ Lisa	
10:30 am	INTERMEDIATE AQUATIC AEROBICS w/ Jeanne	OPEN POOL w/ Lisa	INTERMEDIATE AQUATIC AEROBICS w/ Jeanne	VOLLEYBALL w/ Lisa	INTERMEDIATE AQUATIC AEROBICS w/ Jeanne
11:30 am	ARTHRITIS FOUND. AQUATICS w/ Barb	ARTHRITIS FOUND. AQUATICS w/ Patsy	ARTHRITIS FOUND. AQUATICS w/ Janice	ARTHRITIS FOUND. AQUATICS w/ Janice	ARTHRITIS FOUND. AQUATICS w/ Patsy
12:30 pm	OPEN POOL w/ Barb		OPEN POOL w/ Janice	OPEN POOL w/ Janice	OPEN POOL w/ Patsy
1:15 pm					

## LAND FITNESS CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
9:00 am	The CLIMB w/ Lindsay	LABLAST w/ Chelsey	The CLIMB w/ Lindsay	ZUMBA GOLD w/ Ali	The CLIMB w/ Lindsay	SATURDAY
10:15 am	GOT BALANCE w/ Lindsay	10:00 am SAIL w/Janice	GOT BALANCE w/ Janice	10:00 am SAIL w/Janice	STRENGTH & FLEXIBILITY w/ Lindsay *	
11:00 am	LABLAST w/ Practice Member Lead		ZUMBA GOLD w/ Ali		LABLAST w/ Krystle	
12:30 pm		ARTHRITIS FOUNDATION EXERCISE w/ Barb		ARTHRITIS FOUNDATION EXERCISE w/ Barb		SUNDAY
1:30 pm		YOGA BLEND w/ Tonya		YOGA BLEND w/ Tonya		9:30 am POUND UNPLUGGED w/ Sandy
EVENING CLASSES	5:30 pm DANCE FUSION w/ Kelsey		5:30 pm ZUMBA w/ Alicia	5:30 pm DANCE FUSION w/ Robby		
	6:30 pm UPLIFT w/ Sandy	6:00 pm SHINE w/ Sandy	6:15 pm POUND w/ Melissa	6:30 pm UPLIFT w/ Sandy	REVEL Classes are in Orange. For daily updates (water and land): <a href="http://www.brownbears.com/cal/pleinstructors">www.brownbears.com/cal/pleinstructors</a>	



# MARCH 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>3</b> 11:30 am CICOA Lunch \$ 12:00 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm <b>BINGO</b> 1:00 pm Creative Writing B  <b>CICOA PRODUCE FOR BETTER HEALTH • 12:00 - 3:00 PM</b>	<b>4</b> 10:00 am Sanders Glen Walking Club 11:30 am CICOA Lunch \$ 12:30 pm Golden Singers Club A 1:00 pm Needlework B	<b>5</b> 11:30 am Second Helpings Lunch * 11:45 am Lunch & Learn * 12:30 pm Hand & Foot L 12:30 pm JJJ Devotional Study B 12:30 pm Art Class \$	<b>6</b> 9:00 am Pinochle L 11:30 am CICOA Lunch \$ 12:30 pm Card-Making \$ 1:00 pm Euchre L	<b>7</b> 11:30 am Second Helpings Lunch * 12:00 pm Memory Café: Music sponsored by The Barrington 12:15 pm Partner Bridge L	
<b>10</b> 11:30 am CICOA Lunch \$ 12:00 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm <b>BINGO</b> 1:00 pm Creative Writing B	<b>11</b> 11:30 am CICOA Lunch \$ 12:30 pm Golden Singers Club A 1:00 pm Needlework B  <b>DIVVY LUNCHES PICK-UP: 11 AM TO 1 PM</b>	<b>12</b> 10:00 am Alzheimers Assoc. Support Group L 11:30 am Second Helpings Lunch * 11:45 am Lunch & Learn * 12:30 pm Hand & Foot L 12:30 pm JJJ Devotional Study B 12:30 pm Art Class \$ 1:30 pm Nutrition Education - Brenda Moster	<b>13</b> 9:00 am Pinochle L 11:30 am Educational Event: Living with Parkinson's for individuals and families - Lunch provided. 1:00 pm Euchre L	<b>14</b> 11:30 am Second Helpings Lunch * 12:00 pm Memory Café 12:15 pm Partner Bridge L	
<b>17</b> 11:30 am CICOA Lunch \$ 12:00 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm <b>BINGO</b> 1:00 pm Creative Writing B   <b>HAPPY St. Patrick's DAY</b> <b>CICOA PRODUCE FOR BETTER HEALTH • 12:00 - 3:00 PM</b>	<b>18</b> 11:30 am CICOA Lunch \$ 12:30 pm Golden Singers Club A 1:00 pm Needlework B	<b>19</b> 11:30 am Second Helpings Lunch * 11:45 am Lunch & Learn 12:30 pm Hand & Foot L 12:30 pm JJJ Devotional Study B 12:30 pm Art Class \$	<b>20</b> 9:00 am Pinochle L 11:30 am CICOA Lunch \$ 12:30 pm Card-Making \$ 1:00 pm Euchre L	<b>21</b> 11:30 am Second Helpings Lunch * 12:00 pm Memory Café: Therapeutic Activity 12:15 pm Partner Bridge L 1:00 pm <b>BONUS BINGO</b> with Corey	
<b>24</b> 11:30 am CICOA Lunch \$ 12:00 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm <b>BINGO</b> 1:00 pm Creative Writing B	<b>25</b> 11:30 am CICOA Lunch \$ 12:30 pm Golden Singers Club A 1:0 pm Needlework B Sponsored by Wellbrook of Carmel 1:30 pm Book Club  <b>DIVVY LUNCHES PICK-UP: 11 AM TO 1 PM</b>	<b>26</b> 11:30 am Second Helpings Lunch * 11:45 am Lunch & Learn * 12:30 pm Hand & Foot L 12:30 pm JJJ Devotional Study B 12:30 pm Art Class \$ 1:30 pm Nutrition Education - Brenda Moster	<b>27</b> 9:00 am Pinochle L 11:30 am CICOA Lunch \$ 1:00 pm Euchre L	<b>28</b> 11:30 am Second Helpings Lunch * 12:00 pm Memory Café 12:15 pm Partner Bridge L	
<b>31</b> 10:00 am Theatre Club L 11:30 am CICOA Lunch \$ 12:00 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm <b>BINGO</b> 1:00 pm Creative Writing B	<b>MARCH LUNCH &amp; LEARNS:</b> March 5 <b>CenterWell Senior Primary Care - Janet Pillsbury</b> March 12 <b>Senior Helpers - Chelsea Haynes</b> March 19 <b>Poetry Recognitions, PLE Writing Group - Mona Mehas</b> March 26 <b>Foot Health, My Devine Sole - Wanda Stickels</b>				<b>KEY:</b> * - Open to Public \$ - Additional Fee Z - Also on Zoom L - Library B - Board Room A - Annex

# March Word Search

N	E	C	O	L	L	E	G	E	O	H	R	I	E
N	I	O	G	R	E	E	N	E	T	C	P	O	S
I	P	H	H	S	I	I	L	E	A	R	L	C	E
N	A	S	N	S	P	R	I	N	G	A	O	S	W
S	L	T	D	M	D	I	S	D	E	M	L	C	M
U	W	P	C	N	R	S	E	T	T	N	C	E	A
R	V	A	I	T	M	H	C	M	A	N	A	I	D
A	N	T	N	R	N	A	I	H	A	S	E	N	N
N	O	R	A	E	I	D	E	S	E	S	L	E	E
C	S	I	B	A	S	K	E	T	B	A	L	L	S
E	U	C	N	L	U	C	K	G	L	T	R	D	S
B	S	K	P	N	E	M	O	W	O	D	N	P	K
L	I	N	I	T	N	O	C	S	I	V	I	H	N
E	L	N	K	U	I	N	E	I	N	N	T	K	L



MADNESS  
IDES  
INSURANCE  
WOMEN

STPATRICK  
GREEN  
LUCK  
MARCH  
BASKETBALL

VISCONTI  
COLLEGE  
IRISH  
SPRING



## WHEN OUR ROCK STARS GET OLDER

Anybody who caught Stevie Nicks' two sets on *Saturday Night Live* in October — during which she performed her brand-new female empowerment anthem “The Lighthouse” as well as her classic “Edge of Seventeen” knows that her pipes are still as strong and true as they were when she made her SNL debut in the 1970s as a member of Fleetwood Mac. Unfortunately, the same cannot be said of her eyesight.

In October, the 76-year-old rock legend revealed in a Rolling Stone interview that she's been diagnosed with wet age-related macular degeneration and, in order to try to stave off disease progression, will need to receive injections in both eyes every six to nine weeks for the rest of her life.

“I got diagnosed with this thing a year and a half ago and it is not a good thing,” she told the magazine. “I was seeing all these colors, big things of purple. I was having, like, acid trips. And I'm going, 'I'm not taking any acid, so I don't understand what this is.'”

I watched Stevie recently on *FireAid* and although the voice sounded the same, she didn't seem as comfortable on stage - she was stiff and her legendary twirls were missing. In that same event, an 80 year old Rod Stewart in zebra print tights attempted to sing and strut around the stage, and that was not as easy to watch.

As my friends and I watched our idols perform, we saw 79 year old John Fogerty with died hair and a cracking voice, Sting looking great for 73 but sporting a fairly non-existent hairline, and 81 year old Joni Mitchell sing with such heart and love that we almost didn't notice her shaking and fragile voice.

Steven Stills (80) and Graham Nash (83) were maybe the most difficult to listen to because their harmonies have always been so strong and vibrant. I wanted them all to be like they were when I first watched them perform with powerful voices, striking good looks, and a mystique that only a rock star carries.

## VOLUNTEERS

PrimeLife Enrichment Center

I decided to remember them the way they were at their peak and not focus on the wear and tear life has brought to all of us. Instead I saw them with the eyes of a fan who is still thrilled to see them perform, no matter how many wrinkles they show the world. The one thing they will never lose is the passion they have for creating amazing music and performing, so let them walk on stage with voices passed their prime and joints that may have been replaced - I'm still listening.

Paul McCartney still performs 3-hour concerts at 81. His music changed the world and although his vocal chords may not be what they were in the 60's or even 70's, I am still impressed by his music and ability to perform live, bringing together thousands of fans of all ages.

None of us are as fast or flexible as we used to be, but I hope these aging musicians will be playing and performing their legacies of music as long as they can.

- Lori Raffel





## MARCH RECIPES SURE TO BECOME FAVORITES



### OVEN POT ROAST

#### INGREDIENTS

- 1 boneless beef chuck roast (2-1/2 pounds)
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 tablespoon olive oil
- 1 tablespoon butter
- 4 cups sliced sweet onion
- 1 can (6 ounces) tomato paste
- 4 garlic cloves, minced
- 1 teaspoon dried thyme
- 1/2 teaspoon celery seed
- 1/2 cup dry red wine
- 1 carton (32 ounces) beef broth
- 6 medium carrots, cut into pieces
- 1/2 pound medium fresh mushrooms

#### DIRECTIONS

Preheat oven to 325°. Sprinkle roast with salt and pepper.

In a Dutch oven, heat oil and butter over medium-high heat; brown roast on all sides. Remove from pot. Add onion to the same pot; cook and stir over medium heat until tender, 8-10 minutes. Add tomato paste, garlic, thyme and celery seed; cook and stir 1 minute longer.

Add wine, stirring to loosen browned bits from pot; stir in broth. Return roast to pot. Arrange carrots and mushrooms around roast; bring to a boil. Bake, covered, until meat is fork-tender, 2-1/2- 3 hours. If desired, skim fat and thicken cooking juices for gravy.

#### Nutrition Facts

4 ounces cooked beef with 1/2 cup vegetables and 1/4 cup gravy: 339 calories, 17g fat (6g saturated fat), 98mg cholesterol, 621mg sodium, 14g carbohydrate (7g sugars, 2g fiber), 32g protein.



### MODERN TUNA CASSEROLE

#### INGREDIENTS

- 3 tablespoons butter, divided
- 4 medium carrots, chopped
- 1 medium onion, chopped
- 1 medium sweet red pepper, chopped
- 1 cup sliced baby portobello mushrooms
- 2 cans (5 ounces each) albacore tuna
- 1 cup frozen peas
- 3 cups uncooked spiral pasta
- 1 tablespoon all-purpose flour
- 2/3 cup reduced-sodium chicken broth
- 1/3 cup half-and-half cream
- 1/2 cup shredded Parmesan cheese
- 3/4 teaspoon salt
- 1/4 teaspoon pepper

#### DIRECTIONS

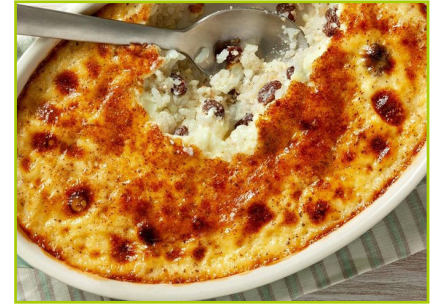
In a large skillet, heat 1 tablespoon butter over medium-high heat. Add carrots, onion, red pepper and mushrooms. Cook and stir until tender, 8-10 minutes. Add tuna, spinach and peas; cook 2-3 minutes.

Meanwhile, cook pasta according to package directions for al dente. Drain pasta, reserving 1 cup pasta water. Place pasta and tuna mixture in a large bowl; toss to combine. Wipe skillet clean.

In the same skillet, melt remaining butter over medium heat. Stir in flour until smooth; gradually whisk in broth and cream. Bring to a boil, stirring constantly; cook and stir until thickened. Stir in Parmesan cheese, salt and pepper. Pour over pasta; toss to coat.

#### Nutrition Facts

1-3/4 cups: 372 calories, 11g fat (6g saturated fat), 47mg cholesterol, 767mg sodium, 44g carbohydrate (7g sugars, 5g fiber), 23g protein.



### RICE PUDDING

#### INGREDIENTS

- 1-1/2 cups cooked rice
- 1/4 cup raisins (optional)
- 2 large eggs
- 1-1/2 cups whole milk
- 1/2 cup sugar
- 1/2 teaspoon ground nutmeg
- Additional milk, optional

#### DIRECTIONS

Place rice and raisins in a greased 1-qt. casserole. In a small bowl, whisk the eggs, milk, sugar and nutmeg; pour over rice.

Bake, uncovered, at 375° for 45-50 minutes or until a knife inserted in the center comes out clean. Cool. Pour milk over each serving if desired. Refrigerate leftovers.

#### Nutrition Facts

1 cup: 197 calories, 4g fat (2g saturated fat), 79mg cholesterol, 52mg sodium, 36g carbohydrate (23g sugars, 0 fiber), 5g protein.

### TRADITIONAL ST. PATRICK'S DAY FOODS

**Colcannon:** A traditional Irish dish of mashed potatoes, cabbage or kale, and butter

**Irish soda bread:** A traditional St. Patrick's Day food

**Fried cabbage:** A traditional St. Patrick's Day food

**Shepherd's pie:** A traditional St. Patrick's Day food

**Irish apple tart:** A traditional St. Patrick's Day food

**Barmbrack:** A traditional St. Patrick's Day food

# MARCH FITNESS NEWS

## MARCH BRINGS EXCITING CHANGES IN THE FITNESS DEPARTMENT AT PLE!

If you haven't had a chance, check out the new flooring on the fitness floor stage. Not only is it beautiful, but it is the perfect type of flooring for dancing and fitness. Some safety concerns were also corrected. A Big Thanks goes to Collins United Flooring, Inc. for donating the flooring and to PLE members **Jim and Tammy Gleber** for installing it. Thank you, Heather Brownell, for saying YES and helping to make this project a reality!



There will be some changes to the Aquatic Fitness class schedule starting March 3rd. Due to low attendance, the Friday 9:30 Cardio and Stretch class will be permanently

canceled as well as Bonus Volleyball 12:15-1:15 on the 3rd Tuesday of the month. **Barb Batson** will be teaching the 11:30 Arthritis Foundation class on Mondays instead of



Barb Baston



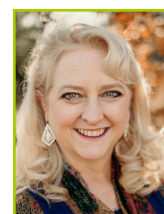
Ali Holmes



Krystle Koziczynski



Tonya Olson



Dr. Chelsey Rasmussen

Patsy Watkins. Patsy will be teaching the Tuesday 11:30 Aqua Arthritis class instead of Janice Cates.

Sadly, Cheryl Rader taught her last scheduled class on Thursday, February 27th. She is retiring but has agreed to be a sub- yippee! Thanks for all your hard work and dedication to the members of PLE!

We have two new instructors to take over Cheryl's classes. **Barb Batson** will be teaching the Arthritis Foundation Exercise class on Tuesdays and Thursdays at 12:30. Barb will also be teaching an Arthritis Foundation Aquatic class on Mondays at 11:30 and she will also monitor Open Pool at 12:30.

**Tonya Olson** will be teaching the Tuesday and Thursday 1:30 yoga class.

No one can fill Cindy's dancing shoes, but

we have found some great instructors who come close! Monday's 11:00 LaBlast class will continue to be a member-led class for now.

**Dr. Chelsey Rasmussen** will be teaching the Tuesday 9:00 LaBlast class. **Ali Holmes** will be teaching Zumba on Wednesdays at 11:00 and on Thursdays at 9:00. **Krystle Koziczynski** will continue teaching the Friday 11:00 LaBlast class.

Please give these new instructors a warm welcome! I feel very lucky to have found these experienced and knowledgeable instructors who will continue the PLE tradition of offering quality and beneficial fitness classes to its members.

- Janice Cates, Fitness Coordinator



# PROGRAMS

PrimeLife Enrichment Center

# W E L C O M E N E W W E L C O M E

## NEW MEMBERS

Brenda Aleya ..... 1/30/2025  
 Robert M. Aleya..... 1/30/2025  
 Trudy Litz ..... 2/1/2025  
 Joseph O'Hara Armstrong 2/3/2025  
 Joyce Melanie Armstrong 2/3/2025  
 Todd Hillard ..... 2/4/2025  
 Janet Lucas ..... 2/5/2025

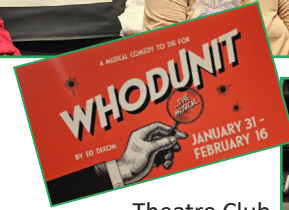
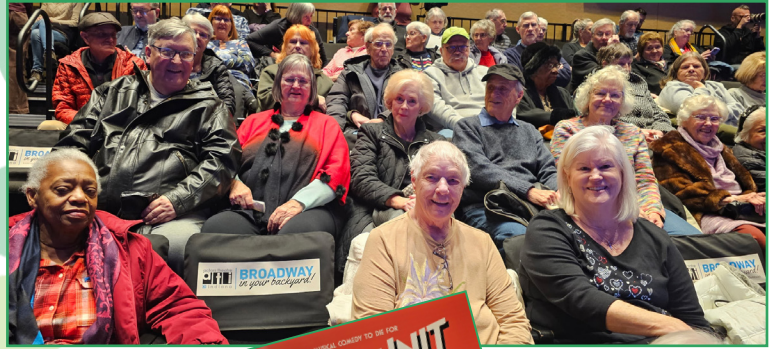
Nancy J Pennington ..... 2/5/2025  
 Chris Aiken..... 2/7/2025  
 Norbert E. Cameron ..... 2/7/2025  
 Susan Boesch..... 2/10/2025  
 Janet King ..... 2/10/2025  
 Richard A King ..... 2/10/2025

Chong (Lee) Shields ..... 2/10/2025  
 Norma Davin..... 2/11/2025  
 Kimberly Plumlee ..... 2/11/2025  
 Ronnie Jean Grobbel ..... 2/12/2025  
 Beth Smith..... 2/13/2025  
 Karen Fritchley..... 2/17/2025  
 Barbara Batson ..... 2/18/2025

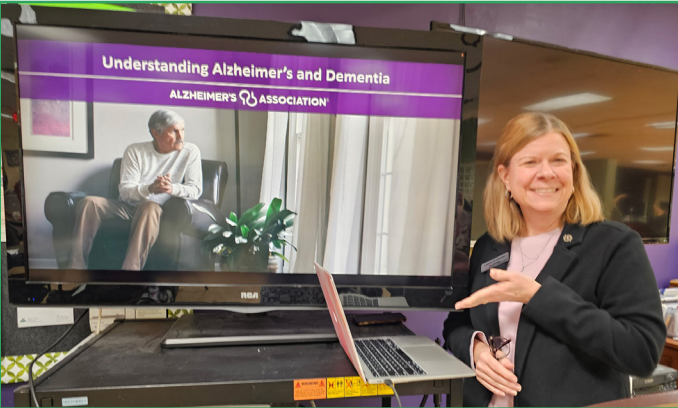
Carol Mattson ..... 2/18/2025  
 Damari Montgomery ..... 2/20/2025  
 Lillian Yeazel..... 2/20/2025  
 Donald Fritz ..... 2/21/2025  
 Tim Gallagher ..... 2/21/2025  
 Patricia A Keenan..... 2/24/2025  
 Mary Jo Skinner ..... 2/24/2025



A fun Lunch & Learn with Angeluca and Nikka from The Manor Carmel where we played The Price is Right.



Theatre Club goes to see the ATI production WHODUNIT



Sandy deCastro Understanding Alzheimer and Dementia Lunch & Learn

## JOIN US FOR A FREE EDUCATIONAL EVENT

for those living with Parkinson's and their families!

### Managing Dyskinesias and Off Symptoms



Date: March 13, 2025  
 Time: 11:00-1:30pm  
 Register by phone: (517) 550-5648  
 \*Please register no later March 11th

Location:  
 PrimeLife Enrichment  
 1078 Third Ave. SW  
 Carmel, IN 46032



PLE Cruise February 2025





**PrimeLife Enrichment Center**

1078 Third Ave. SW  
Carmel, IN 46032



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# PLE SENIOR NEWS | MARCH 2025

Check out our website at  
[www.primelifeenrichment.org](http://www.primelifeenrichment.org)

And be sure to visit our Facebook Page:  
PrimeLife Enrichment, Inc.

We are grateful for all of your support.

Come visit us at the center for a tour or call us at  
317.815.7000 for more information.

## DONATION & PLEDGE CARD

You can help by supporting our services!

Please accept my/our donation in the amount of:

\_\_\_\_\_ \$1,000                      \_\_\_\_\_ \$ 100  
\_\_\_\_\_ \$ 500                        \_\_\_\_\_ \$ 50  
\_\_\_\_\_ \$ 250                         \_\_\_\_\_ \$ (other)

I would like to make a monthly pledge of: \$ \_\_\_\_\_

We welcome checks, cash, Visa, Master Card  
and Discover. Make check payable to: PrimeLife Enrichment,  
Inc.

\_\_\_\_\_ Please send information on how I can benefit PLE  
through my legacy/estate planning. [Note: Check with your  
tax advisor re: leaving a lasting legacy for our seniors. Prime-  
Life Enrichment, Inc. is a 501(c)(3) corporation.]

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Name

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